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## SO YOU WANT TO BE PREMIER: HUDAK EDITION

METRO ASKS THE PC LEADER ABOUT CUTS, TRANSIT AND THE MATH BEHIND HIS MILLION JOBS PLAN PAGE 6

## Forget all the guns and try this ganache

Jon Favreau says food films, such as Chef, can be just as exciting as his blockbusters — use Metro AR to see why PAGE 17

## Think Green if you want transit soon, says institute

Think-tank argues that the Green Party has the best plan, PCs the worst PAGE 3

## Nadal shows no weakness, blows through French Open

Despite his bad back, Rafa easily snags 32nd straight win PAGE 24

NEWS WORTH SHARING.

# Leaders ready to scrap in debate

Decision Ontario

### Three leaders enter...

Wynne plans to hold on, Hudak to give it straight, Horwath to swing for the fences

It's crunch time in the Ontario election as the three major party leaders face off for the first — and only — time in a live televised debate.

Tuesday's broadcast is the single most important event of the campaign, and Liberal Premier Kathleen Wynne, PC Leader Tim Hudak and NDP Leader Andrea Horwath are raring to go.

"Is there pressure? Absolutely," Wynne told reporters Monday. "But there's pressure because this is such an important election and there's such a stark choice between what Tim Hudak is proposing ... and what we're proposing."

Insiders say Wynne, saddled with a decade of Liberal baggage, is bracing for a barrage of criticism.

"The debate is always an important juncture ... and I am the rookie. This is the first time that I've had an opportunity to take part."

Hudak, widely seen as the strongest debater of the three, played down expectations of great theatre.

"I won't say anything exciting nor am I a good actor.... I'm just going to be the guy on the stage giving it to you straight," he said.

"I'm confident that they will look into the camera tomorrow night and tell you all the things that they are going to spend money on, knowing full well that they don't have any money."

Horwath, who was praised for her strong performance in the 2011 debate, will highlight "a corrupt Liberal party that wastes money" and "Mr. Hudak's Conservatives that, frankly, haven't made a lot of sense."

The New Democrat stressed she will not be a shrinking violet.

"I've got a nickname ... and I'm not afraid to bring out the 'Steeltown Scrapper' when I need her," Horwath said.

Green Leader Mike Schreiner was not invited because his party holds no seats.

TORSTAR NEWS SERVICE

**Get ready to rumble**

Tuesday's 90-minute broadcast — at 6:30 p.m. on CBC, CTV, Global, Sun News Network and TVOntario — will be moderated by TVO's Steve Paikin, a veteran of past debates.

## IT'S LENNON'S GOASTT

Sean Lennon and Charlotte Kemp Muhl perform as The Ghost of a Saber Tooth Tiger — also known as GOASTT — during SXSW 2014 on March 14 in Austin, Texas. The son of John Lennon will be in Toronto on Tuesday at the Hoxton with Atlanta-born model and girlfriend Muhl, performing songs from the duo's recently released album Midnight Sun. RAHAV SEGEV/GETTY IMAGES FILE

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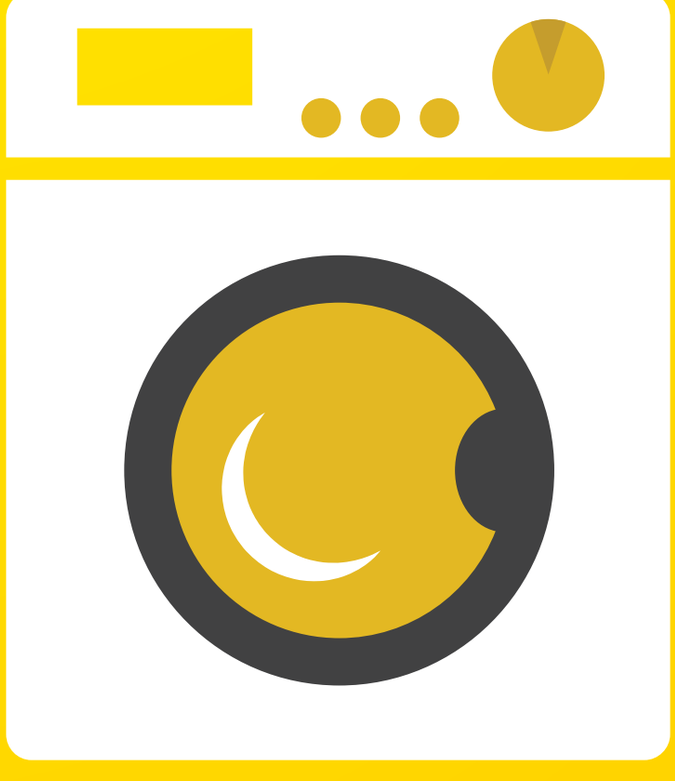

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# Greens' transit plan comes out on top

**Pembina analysis.** Don't bother voting Tory if you want to see progress in fighting gridlock, says think-tank

Decision Ontario

Toronto-area voters who want to see transit relief in this generation should rule out the Progressive Conservatives and support the Green party, the Liberals or the NDP on June 12, says sustainability think-tank the Pembina Institute.

Ontario PCs received a low grade when it comes to fighting regional gridlock in Pembina's pre-election analysis of the four provincial parties' transit platforms.

If Pembina were writing its own transit platform, it would probably look a lot like the Green party's plan. It is the only party to offer ideas for new revenue sources that could be invested in transit, including road pricing that could also convince motorists to leave the car at home, said Cherise Burda, who helped write the report called, "Who's Ready to Fight Traffic with Transit?"

It evaluates the platforms based on their gridlock-fighting potential, cost effectiveness and their ability to relieve traffic congestion in the short-term.

The Green party's platform is built to do that because, in addition to dedicating $2 billion annually to new projects, it allocates $1 billion a year to operating municipal transit systems. It is also committed to road pricing and cycling improvements — measures that could help entice more people out of their cars, said Burda.

The Liberals scored second-highest because they would introduce high-occupancy toll lanes as a first step in road pricing, something the NDP hasn't promised. Both those parties have included cycling improvements in their platforms where the PCs haven't included policies to deter single-occupancy-vehicle drivers, according to the report.

The Conservative plan to focus on subways and cancel LRTs in Toronto and the region would cost about $1 billion more than the Liberal and NDP platforms that commit to the projects in the Metrolinx Big Move plan. The PC platform would result in about 20 kilometres of new transit lines rather than 142 kilometres outlined in the regional transportation plan.

TORSTAR NEWS SERVICE

**What about short-term?**

While all the parties are focused on big-ticket, long-term projects such as Toronto's downtown relief line and expanded GO service in the region, there's been less discussion at the provincial level about measures that would make commuting easier in the short-term, said Cherise Burda, who helped write the report.

## MMVA worth the wait

Michelle and Charlette take a welcome breather on a muggy Monday as they hold their place in the lineup for MMVA wristbands at 299 Queen St. W. Wristbands for the June 15 MuchMusic Video Awards will be handed out Wednesday afternoon. RANDY RISLING/TORSTAR NEWS SERVICE

# Hospital shooting 'unprecedented,' say police

The bullets flew first through a Rexdale housing complex at dinner time Friday, into a common room not far from where children were playing.

But where shots again rang out later shows a disturbing escalation in where gun violence is breaking out: the Etobicoke General Hospital parking lot.

Shortly before 7 p.m., bullets struck one person outside the emergency department entrance and forced the emergency department inside into lockdown — as well as the emergency department at Sunnybrook Hospital, where two other victims were taken. It was feared the gunmen might follow the victims.

While police cannot yet draw a definitive link, they believe the shootings are connected, and that the gunmen who shot up the common room at the housing complex on Mount Olive Drive then followed a car taking one victim to hospital and took aim again, this time shooting the driver.

In all, four people suffered gunshot wounds.

Toronto police Supt. Ron Taverner said it was a career first to investigate a shooting involving a victim who was targeted again after being followed to the hospital. The incident is "unprecedented to the best of my knowledge," he said.

"It takes it to a different level, if you will," he said.

TORSTAR NEWS SERVICE

**No code, no guarantees**

Ehor Boyanowsky, a professor at Simon Fraser University's school of criminology who researches gang behaviour, said the absence of rules or "codes of conduct" in the gang world means no location is immune to shootouts.

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## Election. Hudak slams OPP union for 'attack ads'

Police unions shouldn't be allowed to engage in partisan political activism during an election campaign, the Progressive Conservatives said Monday after being targeted in two ads issued by the Ontario Provincial Police Association.

"When the union representing the Ontario Provincial Police releases two 15-second attack ads against the Ontario PC Party, the public would understandably question the impartiality of its provincial police force," the Tories said in a statement.

"There is a reason why military and police forces do not engage in political activity — and this should extend to the unions and associations that represent them."

The Ontario Provincial Police said in a release Monday afternoon that it does not, in any way, support the union campaign. THE CANADIAN PRESS

Tim Hudak. THE CANADIAN PRESS

@hiddencashTO

### It's no Lotto Max, but Hidden Cash gives away $400

The viral, social-media scavenger hunt, "Hidden Cash" arrived in Toronto May 29.

The anonymous account, @hiddencashTO, has so far hidden four caches of cash, totalling $400. Once a drop is made, the account tweets out clues, coming in the form of riddles and pictures, until someone locates the hidden funds.

Once a drop is found, the lucky Torontonian tweets out a selfie with their winnings, and is asked to "pay it forward."

Toronto jewellery-buyer Russell Oliver, known for his energetic "Cash Man" TV commercials, has also been hiding cash-packed envelopes. Oliver has given away $600 so far, and said he is planning a large, $2,000 drop in the next week or two.

Though the Oliver Jewellery account has garnered some new Twitter followers through the venture, he said the stunt is not so much a boost to publicity, as a "more fun" way to donate to charity and give back.

TORSTAR NEWS SERVICE

# All's well that ends well: Missing $50M ticket found

**Lotto Max.** The Nosirus are all smiles now, but when they lost their ticket in January they were 'miserable' before it was returned to them

Greg McKenzie, vice-president of OLG, hands Hakeem Nosiru and his wife Abiola a $50-million cheque Monday in Toronto. TORSTAR NEWS SERVICE

A Brampton couple endured a roller-coaster ride of emotions when a lottery ticket worth $50 million went missing only to be found and returned by a person at their church.

Hakeem Nosiru won the Jan. 17 Lotto Max draw and was one day away from claiming the money when the ticket, which he duct-taped to the inside his wife's purse for safekeeping, was missing after they attended church.

That sparked a frantic search of their Brampton home, with garbage bins being upended and their contents picked through piece by piece, an effort that left Nosiru and his wife empty handed and feeling "miserable."

But that despair turned to joy after a fellow member of the congregation discovered the ticket and reunited it with them on April 1 — saying "April fools" — a return made possible because Nosiru signed the ticket with their address.

But the saga wasn't over yet, as Nosiru gave the ticket to Ontario Provincial Police, who were investigating the matter for Ontario Lottery and Gaming to ensure there were no further snags.

Everything checked out and Nosiru and his wife Abiola were beaming for the cameras at the OLG prize centre Monday, telling reporters they were planning on travelling the world and helping out their family.

Abiola Nosiru said that when she realized her husband's winning ticket had disappeared from her purse "I had a fly in my stomach and I couldn't sleep for days. I couldn't eat. I was devastated."

"We just wanted to see the reality. And the reality is right here now," she said, fighting back tears.

She wasn't sure what they'll do for the woman who ended the ticket's exodus, but told her: "I just want to say thank you."

THE CANADIAN PRESS

**From sadness to elation**

"I had a fly in my stomach and I couldn't sleep for days. I couldn't eat. I was devastated."

Abiola Nosiru

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# Luminato's heart gets 'beachy' transformation

**'Magical'.** David Pecaut Square is the pulsating heart of annual arts celebration

**Beautiful mirage**

**The entire project is meant to be like a beautiful mirage, says Los Carpinteros' Dagoberto Sanchez.**

- "It arrives, causes a sensation for 10 days, and then disappears," Sanchez says.
- Until another mirage pops up next year.

When Cuban artists Marco Valdes and Dagoberto Sanchez visited David Pecaut Square last summer, the view was distinctly urban.

"We saw a lot of cement, angles, stone and not too much grass or trees," recalls Sanchez.

Commissioned to transform this hard section of downtown between Roy Thomson Hall and Metro Hall into the Luminato Festival's beating heart, the members of Los Carpinteros decided to create "a contrary effect."

"We wanted a beach in a city that can be cold and not very beachy," explains Valdes from his workshop in Madrid. "It doesn't have a direct relationship with other things around it. It is surrealistic, inclusive, magical, joy."

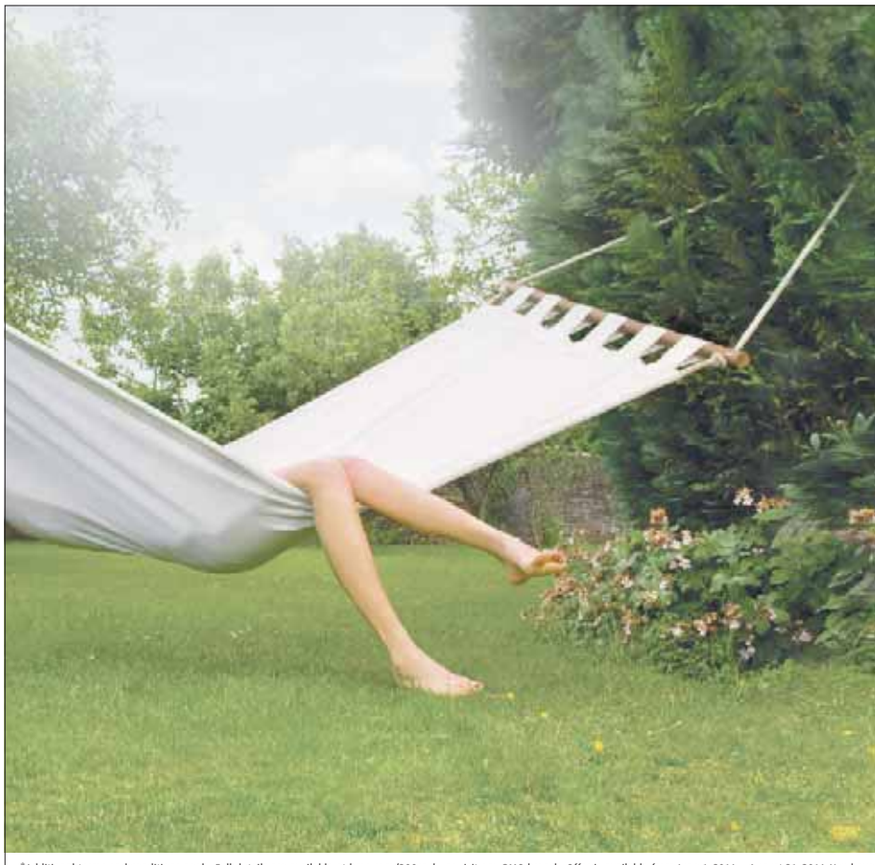
This real-life "diorama" made of cardboard, which the artists have titled "Joy" and is currently under construction for the June 6 opening day, is the honey to attract arts lovers to the 10-day international festival's "hub," says artistic director Jorn Weisbrodt.

He's hoping the umbrellas, beach chairs, alcohol, food vendors and live music at the scene will imprint in people's minds that the square is where Luminato is always entertaining, even when there are festival performances elsewhere in the city.

Los Carpinteros deliberately chose cardboard for their material as the entire installation will be recycled after the festival.

TORSTAR NEWS SERVICE

Luminato's Hub in David Pecaut Square is slowly being transformed into a cardboard beach this year, a commissioned work. TORSTAR NEWS SERVICE



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# Surveyor stakes in cemetery upset Jewish vets

Al Rubin, president of the Jewish veterans association TORSTAR NEWS SERVICE

A Crown corporation apologizes for "any impropriety" it may have committed by sticking a dozen stakes in the ground of a Jewish cemetery — without the permission of the cemetery owners and without explaining what was happening.

Eleven stakes were placed just inside the fence that divides Mount Sinai Memorial Park from the Downsview Lands, controlled by the Canada Lands Company and slated for housing development. One was placed right beside the grave of World War II veteran Fred Antflick, which is more than 15 metres from the fence.

"Are they going to dig him up?" his daughter, Elaine Pepper, asked when informed of the stake on Monday.

The cemetery manager, Phil Grenfell, said the stakes were inserted in the fall. Grenfell and Al Rubin, president of the Jewish-Canadian veterans association that owns a section of the cemetery, said nobody explained why they were there.

On Monday, a Canada Lands spokeswoman, Manon Lapensee, told Torstar News Service the company has no intention of seizing any cemetery land. In fact, she said, it hired a surveyor simply to identify the accurate property line — in order to "regularize ownership" in the cemetery's favour.

The fence dividing the cemetery and Downsview, Lapensee said, was actually erected about a metre inside Downsview. Canada Lands, she said, simply wanted to formally grant that extra metre to the cemetery.

"No disrespect was intended," she said.

TORSTAR NEWS SERVICE

Decision Ontario

JESSICA SMITH CROSS
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DAVID VAN DYKE/METRO

# TIM HUDAK

As part of a series of Metro interviews with provincial leaders ahead of the June 12 election, Tim Hudak defends the numbers in his Million Jobs Plan, talks about cutting public sector jobs and lays out where his priorities lie on funding public transit. For video highlights, go to metronews.ca.

## DRAWING THE LINE AT WASTEFUL BUREAUCRACIES

Tim Hudak has a master's degree in economics and an economic plan to create a million jobs. Numerous Canadian economists say the plan has serious flaws and, to date, Hudak has not acknowledged this.

When Hudak came to Metro for a sit-down interview last week as part of our interview series with provincial party leaders, we wanted to know if he got into the "nitty gritty of the numbers" himself. Did he build his own plan? "It's my plan, so yeah," he said.

However, Hudak would not admit to any errors in his Million Jobs Plan.

Hudak put numbers of new jobs to each of his economic proposals in the plan, based on two reports he commissioned, one from the Conference Board of Canada, and another from U.S. economist Ben Zycher.

Economists have pointed out that Hudak has taken figures that referred to a single year of employment and interpreted them as new permanent jobs that would be created each year in an eight-year time period, thus vastly inflating the number of total jobs the original analysis predicted would be created, among other errors.

"I stand behind our numbers and I think that it's been justified by other economists who say that's the ballpark of what this will create," he said. "I know there are those on the left side of the spectrum who think we need increased taxes. They see a bigger role for government with more spending. If that's your philosophy, I respect it, but don't vote for me."

When pressed specifically about his plan's controversial interpretation of the Conference Board report (which says Hudak's proposed corporate tax cut would create between 15,000 and 20,000 jobs, while the PC plan says about 120,000) — an error that, according to news reports, Hudak's staff has copped to off the record — Hudak still would not admit there were errors.

"Whether it's 80, 112, 120 or 150 thousand, I think we agree it's going to create jobs. If that's the biggest issue we have right now in Ontario, why are we hesitating at all?" he said.

Part of the Million Jobs Plan is cutting 100,000 public sector jobs.

"We'll have to go from 1.2 million workers — that's big government today — down to 1.1, where we were in 2009. You do that by rubbing out the waste, closing down these expensive, meddling, middle managers that are milking the system and don't add to front-line services" he said.

"Over those four years you'll probably see 250,000 to 350,000 people retire from government service. We don't have to fill those positions," he said. "There are many that could be better run outside of government ... But I will tell you I am going to draw the line at these wasteful bureaucracies, these 11,000 people at Ontario Power Generation and Hydro One making $100,000 a year or more. No wonder your bill is going through the roof. So I will pare down that massive bureaucracy. I'll close down programs we don't need — like Drive Clean — anymore, the Ontario Power Authority, or the (Local Health Integration Networks) LHINs. If you work there, then no, this isn't good news. But we have to set priorities."

Hudak has been willing to deliver bad news in the campaign. For example, when asked if his government would help fund a rapid transit project in London, he said no.

He also said no to plans — recently proposed by the Liberals and by former PC leader and current Toronto mayoral candidate John Tory — to electrify the GO Transit network to allow for expanded service.

"It's time we were honest with voters at the provincial level. There's two other leaders who are going to promise a lot of things to get elected," he said. "They're really paralyzed by trying to be popular in the short term but they have no long-term plan. And I think we're going to be looking for a politician who's going to be straight-up and say, we can't fund every project with this amount of money, leadership is about setting priorities. There are projects we will not proceed with."

Hudak offered a compassionate rationale for his plan to cut spending.

"Look, why do we pay taxes in the first place?" he said. "We pay taxes because we're generous Ontarians and we want to make sure it helps the most vulnerable populations. People who may be sick, people with disabilities, seniors.

"It makes you want to pull your hair out when you see a young special needs girl can't get help in the classroom, to achieve what should be the best place to get a good education, or when you hear heartbreaking stories about somebody's mom, who's trying to stay in her own home and she can't even get one visit a week, despite all the money that we put towards health care, because it gets sucked away toward waste and middle management milking the system."

However, his message of cuts may have come with a political cost. According to a recent poll commissioned by the Globe and Mail, 57 per cent of the respondents who identified as "unaligned" voters said they were "afraid of what Tim Hudak and the PCs might do if they form government" — and 22 per cent of those who identified as progressive conservatives said they are, too.

When asked why he thinks that's true, Hudak said, "I think people can see in my eyes and hear in my words what I'm in this for, and that's more jobs."

### Highlights

**On e-health...**

"Let those who are going to use it run it .... If our dogs and cats can have electronic health records through their vets, isn't it incredible we don't have that for our own kids? A billion dollars gone. ... I want to make sure that we have electronic health records so I'll make sure that those who use it, like doctors and pharmacists, are running the system."

**On how his party's budget cuts differ from the NDP's...**

"I think the only thing they might have proposed is to create a new bureaucracy to go and fight bureaucracy, and that just seems like something that would come out of a Monty Python sketch. We can do better than that ... I've followed a lot of the recommendations that Don Drummond and his committee put out two years ago. And if we had followed Mr. Drummond's recommendations two years ago on how to get out of this debt spiral, we'd have less debt and more jobs today."

**On what his policy of ending corporate bailouts would mean for Windsor's auto sector...**

"More jobs. I just believe that these corporate slush funds are an irresistible invitation to corruption.... Kathleen Wynne is proposing a $2.5-billion slush fund to hand out to businesses. There's no criteria ... Here's what I think is better: We lower taxes for all job creators to let them all succeed."

**On why he thinks coalitions "cheat" voters...**

I think it's an interesting perspective into Kathleen Wynne's thinking when she was so quick to say yes to the notion of forming a coalition with the NDP. That strikes me as a leader who is more interested in keeping her own job ... We've had two years of this, it's put us deep in debt, our Hydro bills are going through the roof. I think a coalition between a big-spending Kathleen Wynne and an NDP that wants to spend even more, that's a frightening prospect. ... I say no to coalitions, let the voters decide.

**On the ranked ballot initiative...**

"No (he's against it). I think that voters should decide who they want to be elected, whoever gets the most votes wins."

A U.S. transportation safety official looks through the Gulfstream jet wreckage Monday hours before the voice and flight data recorder were recovered.
BOSTON HERALD, MARK GARFINKEL, POOL/THE ASSOCIATED PRESS

# Philly paper co-owner's crew flew as a team 10 years

**Fatal plane crash.** The U.S. National Transportation Safety Board says it has recovered jet's voice and flight data recorders

The flight crew that died in a fiery crash aboard Philadelphia Inquirer co-owner Lewis Katz's private plane this weekend had flown for the millionaire businessman and philanthropist for nearly a decade, and among them was a pilot who survived an earlier fatal crash, relatives said Monday.

Katz's Gulfstream jet crashed during takeoff near Boston on Saturday night, killing him, three guests and three crew members. The U.S. National Transportation Safety Board says it recovered the cockpit voice recorder and flight data recorder from the jet on Monday evening.

The chief pilot for Katz was James McDowell, of Georgetown, Delaware, authorities said. Spouses identified two of the crew members Monday as flight attendant Teresa Benhoff, 48, of Easton, Maryland, and co-pilot Bauke Mike de Vries, 45, of Marlton, New Jersey.

The rest of the victims were identified earlier as Katz's neighbour at the New Jersey shore, Anne Leeds, a 74-year-old retired preschool teacher he invited on the trip; Marcella Dalsey, the director of Katz's son's foundation; and Susan Asbell, 67, the wife of a former New Jersey county prosecutor. The family of McDowell declined to comment.

The NTSB said Monday evening it had recovered the cockpit voice recorder and flight data recorder. NTSB investigator Luke Schiada had said Monday afternoon a crane was being used to lower somebody into the wreckage to search for the black boxes, which were located in an area heavily damaged.

In 911 calls released Monday, a caller on Saturday night said it looked like "an atomic bomb went off" and described "a mushroom cloud" of smoke and fire. THE ASSOCIATED PRESS

**Lewis Katz**

**Lewis Katz had gone to Massachusetts on Saturday to attend an education-related event at the home of historian and writer Doris Kearns Goodwin.**

- Katz, 72, made his fortune in parking lots and the New York Yankees' cable network. He once owned the NBA's New Jersey Nets and the NHL's New Jersey Devils. In 2012 he became a minority investor in the Inquirer.

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Court

## Ex soldier's lawsuit over needles in hamburger heads to trial

A former soldier's lawsuit alleging he bit into needles in a Burger King sandwich purchased at Hawaii's Schofield Barracks is headed to trial.

Clark Bartholomew sued after he said he was injured in 2010 when he bit into a Triple Stacker from a Burger King on the central Oahu base. The former Army sergeant says one needle pierced his tongue and another was lodged in his small intestine.

Defendants include Miami-based Burger King Corp. and the U.S. Army and Air Force Exchange, which operates the franchise. Bartholomew has since retired and lives in Chantilly, Va.

THE ASSOCIATED PRESS

Co-valedictorians

## Identical twins achieve identical distinction

Identical twin sisters have achieved an identical distinction at a northern Nevada high school: They're co-valedictorians.

Gabby and Maria Munoz-Robles received the honour by each racking up 4.54 grade point averages at Douglas High School in Minden, about 65 kilometres south of Reno.

The sisters both plan to attend Notre Dame in the fall and major in biomedical engineering. But the university is not allowing them to live in the same dormitory.

THE ASSOCIATED PRESS

Crowds of people gather in the main square of Madrid, Spain, on Monday after the announcement of the abdication of King Juan Carlos. ANDRES KUDACKI/THE ASSOCIATED PRESS

# Spanish king to abdicate throne

**Out with the old.** The monarch is leaving the throne so his son Prince Felipe can take over

King Juan Carlos, who led Spain's transition from dictatorship to democracy but faced damaging scandals amid the nation's financial meltdown, announced Monday he will abdicate in favour of his more popular son so that fresh royal blood can rally the nation.

While the monarchy is largely symbolic, Juan Carlos' surprise decision may hold implications for the burning issue of Catalonia, which is to hold a secession referendum this fall.

A constitutional revision is required to ensure Crown Prince Felipe's first-born daughter will succeed him, and there was speculation other changes might be made to dull secessionist fervour in the wealthy northeastern region.

Juan Carlos said 46-year-old Felipe is ready to be king and will "open a new era of hope." The son already has greater command over the hearts of his people: Felipe's 70 per cent approval in a recent El Mundo newspaper poll dwarfs Juan Carlos' 41 per cent.

Juan Carlos didn't mention the scandals or Catalonia, or specify what issues his son must prioritize as the next head of state. He stressed only that Felipe will need to "undertake the transformations and reforms demanded by today's circumstances and to address the challenges of tomorrow with renewed intensity and dedication."

THE ASSOCIATED PRESS

**At a glance**

- King Juan Carlos' popularity took a big blow following royal scandals, including a 2012 elephant hunting trip at the height of Spain's financial crisis when he broke his right hip and had to be flown home from Botswana aboard a private jet for medical treatment.
- The king's image was also tarnished by the investigation of his son-in-law Inaki Urdangarin on suspicion of embezzling large amounts in public contracts.


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## 'Comfort women'. Victims of Japan's WWII sex slavery want an apology

Five former victims of Japan's wartime sex slavery and their supporters submitted hundreds of official documents to the government Monday, demanding Prime Minister Shinzo Abe acknowledge Japan's past atrocity and formally apologize.

Several support groups backing the women, who are from Indonesia, the Philippines and South Korea, said the documents collected from around the world include clear evidence of coercion.

Japan apologized in 1993 over the "comfort women" system of military prostitutes before and during World War II, but it insists there is no proof the women were systematically coerced by the government, citing the lack of official Japanese documents stating so.

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## Protests over rape in India intensify

Women activists of the Bharatiya Janata Party face police water cannons outside the office of Uttar Pradesh state chief minister Akhilesh Yadav. They are demanding a crackdown on the increasing attacks on women and girls, like the case of the two teens who were gang-raped and found hanging on a tree last week.
THE ASSOCIATED PRESS

# Madeleine McCann case. Police focus on scrubland in search for missing girl

Police investigating the disappearance of Madeleine McCann on Monday cordoned off scrubland near the resort where the British girl vanished seven years ago.

Officers placed yellow-and-white police tape around the waste ground, which is larger than a soccer field and covered in bushes and some trees. Officials have previously said detectives may use excavators, dogs and ground-penetrating radar as they scrutinize the terrain. Police kept watch over the area from an adjacent low hill.

Officials made no immediate comment on Monday's developments. Cases that are under investigation in Portugal are covered by a judicial secrecy law, which forbids the release of information.

The scrubland is about 300 metres (330 yards) from the Praia da Luz resort in southern Portugal where Madeleine vanished from her family's vacation apartment in May 2007, shortly before her fourth birthday.

Portuguese and British officials plant markers on the ground inside a cordoned-off area Monday.
FRANCISCO SECO/THE ASSOCIATED PRESS

Authorities in Portugal and Britain said recently they would conduct new searches in coming weeks after reviewing the case file and a new public appeal for information.

Portuguese police closed the case in 2008. The public prosecutor's office in Lisbon last year reopened the investigation, saying new leads emerged during the case review, though it did not elaborate. THE ASSOCIATED PRESS

#bringbackourgirls

## Nigeria bans protests demanding return of missing girls in capital

Nigerian police say they have banned protests in the capital demanding that the government rescues the more than 200 girls still held captive by Boko Haram militants.

Altine Daniel, a spokeswoman for Abuja police confirmed the ban in a text message, saying it was "because of security reasons."

A core group that is part of the Bring Back Our Girls campaign has accused the government of sponsoring a new group, known as Release Our Girls. The new group shifts the responsibility of the kidnapping from the government to Boko Haram, the militant group which has killed thousands in its campaign to establish an Islamic state in Nigeria.
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# Study: Hurricane Glen is scary, but Hurricane Glenda is deadly

**What's in a name?**
Experiments show people are more likely to flee storms with masculine monickers

People are slightly less likely to flee an oncoming storm with a feminine name than a masculine one, a new study finds.

But hurricanes with feminine names turn out to be deadlier in the United States than their more macho-sounding counterparts, probably because their monikers make people underestimate their danger, the researchers conclude.

In fact, the two deadliest storms to make landfall in the U.S. since 1979, when male names were introduced, were named Katrina and Sandy.

The study, which didn't involve any experts in meteorology or disaster science, was published Monday in the Proceedings of the National Academy of Sciences.

In six different experiments, more than 1,000 test subjects told behavioural scientists at the University of Illinois in Champaign that they were slightly more likely to evacuate from an oncoming storm named Christopher than Christina, Victor than Victoria, Alexander than Alexandra and Danny than Kate. They found female names less frightening.

"People are looking for meaning in any information that they receive," said study co-author Sharon Shavitt, a professor of marketing. "The name of the storm is providing people with irrelevant information that they actually use."

Shavitt said both men and women rated female storms less scary and they both "are likely to believe that women are milder and less aggressive."

This 2012 photo shows a pile of sand and debris sitting near a house that was damaged by superstorm Sandy in Brant Beach, N.J. A new psychology study shows that people are wrongly less prone to flee from hurricanes with feminine names, yet the study finds female-named storms have been deadlier in the United States than their macho-sounding counterparts. PATRICK SEMANSKY/THE ASSOCIATED PRESS FILE

It fits with other research about gender perception differences, she said. Sandy, while it can also be a male name, was chosen as a female name by weather authorities in 2012.

Shavitt said it also ranked as rather feminine when she asked a small group of people to assess names on a masculine-feminine scale.

Hurricane and disaster science experts, such as Massachusetts Institute of Technology's Kerry Emanuel, were skeptical at first. Then after more consideration, some — but not all — found merit in the work, noting that it is more about psychology rather than physical science.

Emanuel said confusion over whether 2012's Sandy was called a hurricane or post-tropical storm did cause confusion, so maybe names could make a difference too. He joked that maybe names matter and perhaps meteorologists should start using scarier-sounding ones like Jack the Ripper or King Kong.

But Susan Cutter, director of the University of South Carolina's Hazards and Vulnerability Research Institute, dismissed the idea that female-named storms are deadlier. She considered the study results just coincidence.

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# Nova Scotia. Social media sites ordered to hand over info to help ID cyberbully

A unique Nova Scotia law aimed at squelching online harassment is being used for the first time to reach beyond Canada's borders to determine the identity of a cyberbully.

The province's CyberScan unit said Monday a Nova Scotia Supreme Court judge issued an order last week under the province's new Cyber-safety Act demanding information from Google, Facebook, Instagram, Pinterest, Snapchat and Canada's BCE Inc.

"It is the first order in Canada for that purpose," said Roger Merrick, the province's director of public safety. "It's groundbreaking for us."

The court order is seeking records that could identify the accused cyberbully, including home addresses, email addresses, user names, given names, account names and IP addresses.

The case involves a young woman in Halifax who has recently received threatening and harassing messages from an unknown person or persons accused of hacking her social media accounts, Merrick said.

"I can't give you too much information for fear of jeopardizing the investigation," said Merrick, adding that police are also investigating.

The CyberScan unit has yet to hear from any of the companies involved and the process could take months to complete, Merrick said.

He said police routinely issue production orders when seeking information from online sources while investigating criminal matters, including child exploitation cases. If the information sought is found in the United States, police turn to the Treaty on Mutual Legal Assistance to guide them. In this case, the CyberScan unit is relying on civil law procedures.

"This is the first one for us … (and) there may be a different process," Merrick said, adding there's no guarantee the companies will recognize the court order. "This is a learning process for us, too."

THE CANADIAN PRESS

## 25 years since Tiananmen

A Chinese couple have their picture taken outside the Forbidden City at Tiananmen Square on Monday in Beijing, China. Twenty-five years ago, on June 4, 1989, Chinese troops cracked down on pro-democracy protesters, leaving scores dead and injured. KEVIN FRAYER/GETTY IMAGES

# Sex work. Survey reveals opinion split on key issues of prostitution legality

The results of a federal consultation on prostitution suggest a lack of consensus among people and groups interested in the subject.

A slight majority of those who responded to the Justice Department's month-long online consultation earlier this year felt that purchasing sexual services should be a criminal offence.

However, two-thirds of the more than 31,000 respondents said selling sex should not be an offence.

About six in every 10 participants said benefiting economically from the prostitution of an adult should be illegal.

The department received comments from 117 organizations, but did not reveal who they were.

Justice Minister Peter MacKay tweeted that the findings would be taken into account in coming legislation on prostitution.

THE CANADIAN PRESS

Massachusetts

## Puppy finds itself in the driver's seat, makes a big splash

A German shepherd puppy owned by a Massachusetts man decided to go for a drive — straight into a pond.

John Costello said his 12-week-old puppy, Rosie, was so excited Sunday after going for a walk that she jumped in his running car, hit the gear stick and shifted into drive, before falling onto the gas pedal and sending the car careening into the water.

A couple of passersby saw the commotion and helped Costello rescue Rosie. Nobody was injured, but Costello says the Dodge Neon is a total loss.

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# Fighting cancer with your own immune system

**Experimental approach.** Immune therapy is latest weapon being used in the fight against cancer

**Quoted**

**This is "very, very exciting."**

**Dr. Don Dizon of Massachusetts General Hospital,** a women's cancer specialist with no role in the study

Two years ago, Arrica Wallace was riddled with tumours from widely spread cervical cancer that the strongest chemotherapy and radiation could not beat back. Today, the Kansas mother shows no signs of the disease, and it was her own immune system that made it go away.

The experimental approach that helped her is one of the newest frontiers in the rapidly advancing field of cancer immunotherapy, which boosts the body's natural ways of attacking tumors.

At a conference in Chicago on Monday, doctors also reported extending gains recently made with immune therapies against leukemia and the skin cancer melanoma to bladder, lung and other tumour types.

The cervical cancer experiment was the first time an immune therapy has worked so dramatically against a cancer caused by a virus — HPV. In a pilot study by the National Cancer Institute, the tumours of two out of nine women completely disappeared and those women remain cancer-free more than a year later. That's far better than any other treatment has achieved in such cases.

THE ASSOCIATED PRESS

**Washington**

## Woman friended on Facebook by suspected robber

Authorities say that a 28-year-old man suspected of robbing a woman at a Washington ferry terminal friended her on Facebook the next day.

The Kitsap Sun reports Saturday that Riley Allen Mullins was charged Friday in Kitsap District Court with second-degree robbery. THE ASSOCIATED PRESS

**Pittsburgh**

## Zoo settles with parents of toddler mauled to death

The parents of a two-year-old U.S. boy who was fatally mauled after falling into a wild African dogs exhibit have settled their lawsuit against the Pittsburgh zoo.

The boy became the only visitor in the zoo's 116-year history to die.

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Sisters, from left, Anne Leonard, Josephine Badali and Arlita Matte, all members of the Congregation de Notre-Dame, discuss the release of Sister Gilberte Bussiere at a Montreal news conference Monday. GRAHAM HUGHES/THE CANADIAN PRESS

# Freed nun called 'strong,' healthy

**Missionaries in Cameroon.** Canadian, 74, kidnapped with two Italian priests, held since April 5

A Canadian nun who has been released after two months in captivity in Cameroon is happy to be free, her congregation said Monday.

Gilberte Bussiere, 74, and two Italian priests were kidnapped on April 5.

"I spoke to Sister Gilberte this morning and her voice was strong and she was happy," said Josephine Badali, leader of the Congregation de Notre-Dame.

"She told me she had seen the doctor and from what we know at the moment, her health is good."

Bussiere, originally from Asbestos, Que., was kidnapped along with Gianantonio Allegri and Giampaolo Marta. All three had been working as missionaries in Cameroon.

"She asked me to thank everyone who supported her and helped secure her freedom," Badali told a news conference in Montreal.

It is still unclear when Bussiere will return to Canada.

Badali said Bussiere was to meet with the Cameroonian president on Monday.

THE CANADIAN PRESS

# Questions mount over deal to swap detainees for soldier

A Pentagon investigation concluded in 2010 that Army Sgt. Bowe Bergdahl walked away from his unit, and after an initial flurry of searching the military decided not to exert extraordinary efforts to rescue him, according to a former senior defence official.

Instead, the U.S. government pursued negotiations to get him back over the following five years of his captivity — a track that led to his release over the weekend.

Bergdahl, 28, is hospitalized in Germany as questions mount in the U.S. over the swap that resulted in his freedom in exchange for the release of five detainees who were sent to Qatar from the U.S. prison in Guantanamo, Cuba.

Even in the first hours of Bergdahl's handoff to U.S. special forces in eastern Afghanistan, it was clear this would not be an uncomplicated celebration. Five terrorist suspects also walked free, stirring a debate over whether the exchange would heighten the risk of other Americans being snatched as bargaining chips and whether the released detainees would find their way back to the fight.

Sgt. Bowe Bergdahl, in an undated photo, was released after five years of captivity. U.S. ARMY FILE PHOTO

U.S. officials said Sunday that Bergdahl's health and safety appeared in jeopardy, prompting rapid action. "Had we waited and lost him," said national security adviser Susan Rice, "I don't think anybody would have forgiven the United States government."

Republicans in the U.S. said the deal for Bergdahl's release could set a troubling precedent. Sen. John McCain said of the Guantanamo detainees who were exchanged for him: "These are the hardest of the hard core."

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# Pro-Russia rebels attack guard base in east Ukraine

**Five rebels killed.** The conflict between Ukrainian forces and pro-Russia insurgents has escalated markedly in the past week

A Pro-Russia rebel fires at Ukrainian troop positions from an apartment in Luhansk. VADIM GHIRDA/THE ASSOCIATED PRESS

Hundreds of pro-Russia insurgents mounted a day-long assault on a border guard base in eastern Ukraine on Monday, with some firing rocket-propelled grenades from the roof of a nearby residential building and prompting the deployment of air support by government forces.

At least five rebels were killed when the guards returned fire, a border guard service spokesman said.

Some 10 kilometres away, a blast at an administrative building held by insurgents claimed more lives. A health official for the Luhansk region said that at least seven people had been confirmed dead in the incident, which rebels described as a government airstrike.

Authorities denied carrying out a strike and said the blast was caused by misdirected rebel fire from a portable surface-to-air missile launcher.

Russia's Foreign Ministry swiftly condemned what it described as a government attack on the rebel-held building and urged U.S. Assistant Secretary of Defence Derek Chollet, who was visiting Kyiv on Monday, to help calm unrest in Ukraine.

"We urge our Western partners to use their influence on Kyiv to stop Ukraine from descending into a national catastrophe," the ministry said. Fighting was still reportedly ongoing as darkness fell Monday.

THE ASSOCIATED PRESS

# Abbas. Palestinians form new unity government; Israel wants it shunned

Palestinian President Mahmoud Abbas swore in a national unity government Monday, formally ending a crippling seven-year split with his Islamic militant Hamas rivals but drawing Israeli threats of retaliation.

The formation of the unity government and Israel's tough response are part of a wider competition between Abbas and Israeli Prime Minister Benjamin Netanyahu for international support since the collapse of U.S.-led peace talks between them in April.

Abbas praised the 17-member unity government, made up of technocrats backed by Hamas and his Fatah movement, as a milestone.

"This black page in our history has been turned forever and will never come back," he said, referring to the Palestinian split that broke open with the Hamas takeover of the Gaza Strip in 2007.

For seven years, the rivals ran separate governments, with Hamas in Gaza and Abbas ruling autonomous areas of the West Bank. Netanyahu said the new government should be shunned because it leans on support from Hamas, a group labelled as terrorist by the West.

Abbas "said yes to terrorism and no to peace," Netanyahu said. Abbas said his new Cabinet opposes violence and recognizes Israel, complying with conditions the West has set.

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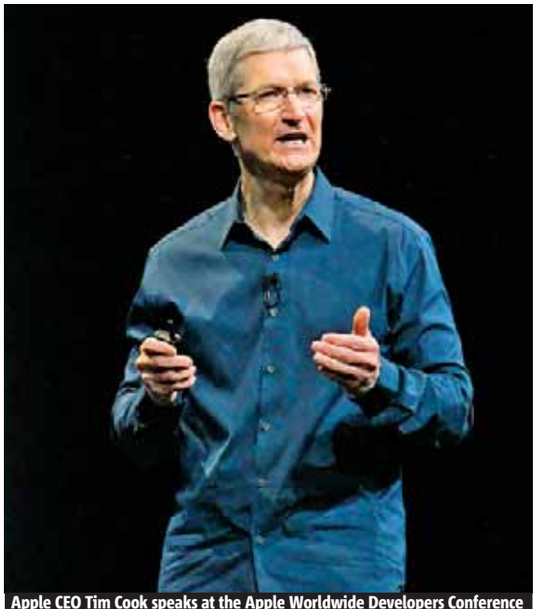
**Changing times**

**U.S. State Department spokeswoman Jen Psaki said the Americans intend to work with the new Palestinian government despite Israel's concerns. Psaki also said U.S. Secretary of State John Kerry called Netanyahu to relay the position.**

- Israeli officials said they are "deeply disappointed" by the U.S. position

# An Apple a day keeps the competition away: Health app part of preview



Apple CEO Tim Cook speaks at the Apple Worldwide Developers Conference event in San Francisco, Monday. JEFF CHIU/THE ASSOCIATED PRESS

**25th annual software conference.** Apple introduces built-in health-management tool for iOS 8 after Samsung rolled out fitness features in Galaxy S5

Apple's Mac operating system is getting a new design and better ways to exchange files, while new features in the software for iPhones and iPads include one for keeping tabs on your health.

Apple executive Craig Federighi pointed out that data from various fitness-related devices now live in silos, so you can't get a comprehensive picture of your health. That will change, he says, with HealthKit coming to the new mobile software, iOS 8.

Apple is also making it easier for various devices to work together. Macs and mobile gadgets will share more features, and you can share and sync files between the two more easily.

The company is previewing the new features at its 25th annual conference for software developers in San Francisco. The free updates will come this fall, though developers got a test version Monday. Here are the highlights on what's been announced and what's coming:

**Changes to Mac computers:**

• The next Mac system will be named Yosemite, after the national park, now that Apple is naming it after California locales rather than cats.

• You'll be able to search for content on the computer and on the Internet at once, similar to a feature available with Microsoft's Windows 8.

• Apple is expanding its iCloud storage service so that you can store and sync files of any type.

• The Mac's Safari Web browser will have more privacy controls and ways to share links more easily.

**Changes to iPhones and iPads:**

• Like the new Mac OS, the iOS 8 system will have a universal search tool, to cover both your device and the Internet. It will also get the iCloud Drive service.

• The new software will sport interactive notifications, so you can respond to a message without having to leave another app. It will have new gestures, such as double tapping to see a list of frequent contacts.

• A "quick type" feature promises predictive typing suggestions, rather than just spelling corrections.

• IOS 8 will have a built-in health-management tool to help people track their vital signs, diet and sleeping habits. Apple's chief rival, Samsung Electronics Co., incorporated fitness-related features in its latest flagship phone, the Galaxy S5.

• Although the Mac and iOS systems are separate, Apple CEO Tim Cook says the two have been engineered to work seamlessly together.

Apple typically announces new iPhones in September and new iPads soon after that.

THE ASSOCIATED PRESS

**Market Minute**

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# THAT'LL BE THREE LOBSTERS EVEN

SHE SAYS
**Jessica Napier**
metronews.ca

On a recent trip to Prince Edward Island, I met a fisherman on his way to see a man about a lobster — three lobsters, in fact. The fresh-caught seafood was his form of payment to a kind neighbour who had recently fixed his computer. I heard similar stories from farmers who trade food among their friends, offering eggs for produce and beef for pork. Intrepid locals from across the region are able to feed themselves without any sort of official cash transaction.

Bartering was once a ubiquitous method of payment used around the globe long before currency was introduced. And while this ancient economic model might seem better suited to rural communities, I think there are plenty of ways urbanites can cash in (so to speak) on the trend by outsourcing their skills outside of the current capitalist system.

Swapsity and similar online communities match users based on needs and desires. Users can barter almost anything — skills, services and stuff — to trade what they have for what they want. It's an appealing idea, turning a few hours of babysitting into a bag full of clothes or swapping a stack of used books for a ride to the airport.

Home Exchange and Couchsurfing offer vacation-specific swapping services for travellers looking for beds in foreign countries. There are even business-to-business trading sites that give emerging and established companies the chance to exchange professional services in the name of business development.

The barter system isn't a perfect economic model. It's hard to evaluate goods and services against one another without a formal pricing model. We currently need to quantify goods and services on a mass scale — a banana is 59 cents, a plane ticket to Europe is $989 — but when it comes to bartering among individuals, price and value become more relative. Is an hour of babysitting equivalent to an hour of personal training? Perhaps it is to you.

**Take that, capitalism**

**It's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.**

Unfortunately I can't pay off my property tax bill by offering the city a few hours of free landscaping work. There will always be a need for some form of legal tender — whether or not old-fashioned cash and coins become obsolete in favour of bitcoins or another form of electronic currency.

But it's an empowering feeling to get what you want and help others without having to bother with any sort of monetary transaction.

The barter system works because we can play to our strengths and find creative solutions to obtain what we need without spending a cent.

## ZOOM

## Land of the Rising Sun, after dark

A group of botaru fireflies take flight in a wooded area. "The flight can create a spectacle that seems to come from a fairy-tale world," says photographer Takehito Miyatake. COURTESY TAKEHITO MIYATAKE

### Seeing Japan in a new light

It's known as the Land of the Rising Sun, but in these photos, Japan is the land of zipping fireflies, sparkling squid and volcanic lightning.

In his vivid images ranging from the erupting Sakurajima volcano to a forest bathed in the ethereal glow of fireflies in flight, photographer Takehito Miyatake explores the interplay between what he describes as the "light of Japan" and the natural landscape.

METRO

### Sparse verse serves as inspiration

Miyatake was inspired by waka, a minimalist style of Japanese poetry that consists of five lines in a 5-7-5-7-7 metre.

"Both waka and photography can express nature concisely. With photography it can be a single image, with waka it is a poem of limited words, but also profound."

His photographs are on display at Steven Kasher Gallery in New York City until June 7.

METRO

Lightning striking at Sakurajima volcano. COURTESY TAKEHITO MIYATAKE

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**MetroTube**

## Sk8ter girl lands 540

REBECCA WILLIAMS
readers@metronews.ca

**What were you doing at age nine? Maybe you were riding your bike to school or playing road hockey on the weekends. But what you probably weren't doing was landing a 540 on a skateboard half-pipe — a trick where you rotate one-and-a-half times in the air — like this Aussie girl.**

**After a couple of tough wipeouts, Sabre Norris's reaction to landing her trick is worth every second of this video.**

GETTY IMAGES

**(Via The Berrics/YouTube)**

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See that symbol? It means you can scan the photograph below with your Metro News app to see a clip from Chef.

DVD review

## Lone Survivor

**Director.** Peter Berg

**Stars.** Mark Wahlberg, Taylor Kitsch

Lone Survivor is a serious change for the better for Battleship bomb maker Peter Berg. It's based on the thoughtful memoirs of now-retired Navy SEAL Marcus Luttrell, the sole man left alive out of 20 U.S. soldiers caught in a 2005 firefight in the mountains of Afghanistan's Kunar province. For all of its macho intensity — booming bullets, whirling chopper blades and falling bodies — Lone Survivor isn't just another war movie. We see the conflict from both sides, although the American one gets the most screen time and our immediate sympathies. Mark Wahlberg plays Luttrell, part of a "fire team" quartet of SEALs dropped by helicopter into a mountainous Taliban stronghold. The others are team leader Michael "Murph" Murphy (Taylor Kitsch), gunner's mate Danny "Danny Boy" Dietz (Emile Hirsch) and sonar ace Matthew "Axe" Axelson (Ben Foster). The actors are almost unrecognizable behind scruffy beards but they all deliver the goods.

PETER HOWELL

# Chef is a little movie with lots of meat

**The power of drama.** Director Jon Favreau says this small film packs as much punch as his blockbuster work like Iron Man

RICHARD CROUSE
scene@metronews.ca

Jon Favreau, right, directs, produces and stars in Chef. CONTRIBUTED

The director who used elaborate special effects to make Iron Man soar through the night sky and a spaceship land in the Wild West says, "there is nothing more cinematic and exciting than watching food be prepared."

Jon Favreau, helmer of blockbusters like Iron Man 1 and 2 and Cowboys & Aliens, adds, "Modestly budgeted films like Eat Drink Man Woman or Jiro Dreams of Sushi are as compelling as any big budgeted Hollywood movie."

In his new film Chef (which he wrote, directed, produced and stars in), Favreau plays Carl Casper, a chef set on a new culinary path after an influential food critic gives his restaurant a savage review. The nugget of inspiration for the movie came two decades ago when Swingers, another film Favreau wrote and starred in, became a hit. "The Big Night came out the year Swingers did," he says, "and I remember seeing that film and feeling like they had really accomplished so much. With Swingers we had certain modest accomplishments. I was satisfied with it, but Big Night felt like a movie and felt like they had captured something larger. Maybe that was in the back of my head for the last 20 years. There was an envy that I had of what they were able to accomplish with the music, the culture, the performances, the food and how delightful it was. So I finally got to make my food movie."

In those 20 years, Favreau has been in the Hollywood trenches as a producer, director, actor and writer and is quick to note the similarities and differences between the story of Chef and his real-life work in the movie business.

"The archetypes of the players on the stage in the food world and the movie world are very similar," he says.

"The stakes are a bit higher in the food world, which is why it is dramatically appealing. One bad review can shut you down. Right now, the way reviews work in movies is that you're reading 90 reviews. It's all on Rotten Tomatoes, a compilation of numbers and you don't really have that personal relationship with a specific critic as you do in the theatre world or the food world. In the food world you are eye-to-eye with that critic and you are eye-to-eye with the customer and when that food gets sent back to the kitchen you are looking at that plate. It's a lot different."

Favreau's next film is a live-action remake of The Jungle Book, but he says he'll likely flip-flop between big- and small-budget films in future.

"If I knew I could come up with a small story that I'd be excited about, next year I'd do this again but honestly, it hasn't been since Swingers that I've been able to sit down and write something so fully formed so quickly. I somewhat envy the filmmakers who can come up with a small story each year because this was the best experience I've ever had."

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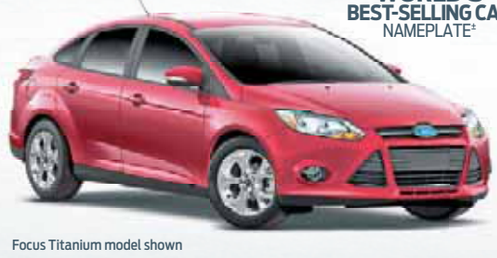

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Sandra's snagged herself a superhero*

MELINDA TAUB
Metro World News

I don't know why I feel protective of Sandra Bullock. She's doing fine. She's very wealthy and famous. She makes hit movies where she plays astronauts and cops. She is still incredibly beautiful. If anything, she should feel protective of me, since I have none of those things (well, I am a stone cold fox). Still, I'm solidly in her corner, which is why I am so glad to hear that she might be dating Chris "Captain America" Evans. Sandy has earned herself a hunk.

The Gravity star and Evans have reportedly begun seeing each other, though nothing serious is going on yet.

"They are not in a relationship, but they are definitely hanging out and are in the early getting-to-know-each-other phase," a source told E! News. "They haven't put a title on it, but they really like each other."

Evans and Bullock have been spotted dining together with friends several times this spring. The relationship would be a dream come true for Evans, who is 17 years Bullock's junior and says he had a big poster of Speed-era Sandra on his wall growing up.

Aww.

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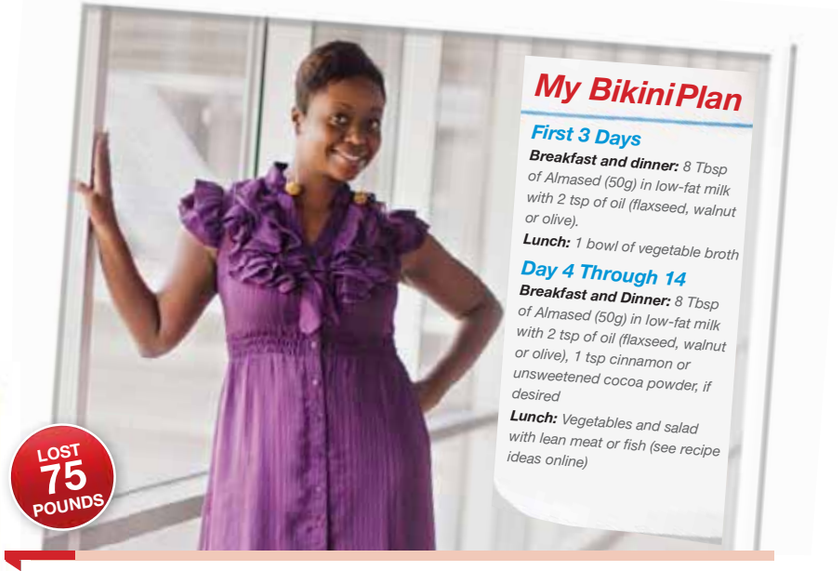


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THE NORTH nutrition

# Keeping it au naturel

The Canadian Health Food Association (CHFA) has rounded up the most popular natural developments for the summer season from natural health retailers, suppliers and health experts. CHFA holistic nutritionist Michelle Book breaks down the Top 4.

IZABELA SZYDLO life@metronews.ca

## Natural hydration

Three waters are making waves to help you stay hydrated this summer. The first is maple water, a new, trendy drink filled with minerals such as potassium, calcium, magnesium and manganese. Bonus? It's local! Then there's coconut water, an especially popular choice considered nature's "natural sports drink." Its sweet and nutty taste keeps thirst at bay, and it's high in potassium and electrolytes, and contains no artificial colours or sweeteners. Lastly there's Kombucha, another trendy drink. Found at your local health-food store, it is produced by fermenting black tea using a symbiotic colony of bacteria and yeast. Not only is it thirst quenching, it supports kidney and liver function. Although all these drinks do contain sugar, they have significantly less than many of the sports drinks, juices and sodas that tend to be so popular during the summer.

## Natural skin care

When choosing sunscreen, I recommend a mineral-based one, which contains zinc oxide and titanium dioxide. Mineral-based sunscreens help to shield your skin by lying on the surface of the skin and reflecting potentially damaging UVA and UVB rays. There are many options that are also biodegradable and reef safe. Aloe vera is my go-to for soothing skin that has been in the sun. It can help to reduce the pain and irritation, and help to heal the delicate layers of your skin. When a sunburn does occur, more water is sent to the skin, so it's important to lock in that water with a good moisturizer to avoid dehydration. Don't confuse aloe with coconut oil, which is also a moisturizer that is seeing more attention this summer and is a great option to add to your summer skin-care regime.

## Label literacy

More Canadians are demanding simple labelling. Common labels to look for are the Canadian Organic Symbol, GMO-free and fair trade. For the first, all foods with 95 per cent or more organic ingredients will have this logo on the package. Whenever possible, I recommend opting for organic. You are not only investing in your health, but also supporting sustainable environmentally friendly practices and animal welfare. GMO-free means the product does not contain any genetically modified organisms. While the debate surrounding GMO food continues, if this is of concern to you, I recommend going organic to ensure what you are eating has not been genetically modified. Fair trade has been created to achieve better trading conditions and to promote sustainable development. Products that are classified as fair trade have been produced to support greater equity by offering improved trading conditions and respecting the producers, who are often from developing countries.

## Superfoods

Health experts are buzzing about watermelon and coconut. Watermelon is extremely hydrating and provides a lot of important minerals. It's a great source of lycopene, which is a potent antioxidant pigment with a growing list of benefits from prostate health to skin care. Coconut also continues to be all the rage this summer. It is being used in so many different and tasty ways — from ice cream to chips to coconut soy sauce. I personally love coconut chips, made from roasted slices of coconut. They can also be used as a topper to give your fresh summer salad a bit of extra crunch and flavour. Watermelon is always my go-to summer snack when it gets really hot. I keep it cut up in the fridge or I throw it into the blender with some ice and coconut water to make a 'slurpee.' Finally, seaweed snacks are great because they have no artificial colours or preservatives, and are virtually fat-free.

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# I spy with my healthy eyes

**Lifestyle choices.** There are many things that affect eyesight

Exercise can actually keep glaucoma from getting worse. NEWS CANADA

**Get moving**
Exercise can lower pressure in the eye when you have glaucoma. If you've been diagnosed with glaucoma, exercise can keep it from worsening. So the next time the sun is out, go for a run in the park (and don't forget to wear sunglasses!).

**Eye candy**
Green leafy veggies like kale, collard and mustard greens, and spinach are good for the eyes because they contain lutein, which studies indicate can prevent the progression of macular degeneration.

**Don't smoke**
Smoking increases the risk and accelerates the development of cataracts, macular degeneration and optic nerve damage.

**Chill out**
Stress reduction is important because stress contributes to the onset of eye conditions. Try to spend 15 minutes a day in a stress-reducing activity like going for a walk or pursuing a relaxing hobby like reading or a friendly game of cards. The goal is to reduce blood pressure, which, in turn, lowers eye pressure.

**Step on the scale**
People who are severely overweight or obese are at risk for developing Type 2 diabetes, which can lead to diabetic retinopathy (damage to the retina caused by complication of diabetes). Manage your weight through exercise and eating well.

"Eyes are precious and the importance of sight is often not realized until it's lost," says Dr. Tanya Dillon, a doctor of optometry. "Getting an eye exam is the first step to protecting your eye health." NEWS CANADA

Myths

## *Do you know the truth about your eyes?*

Can sitting too close to the TV really make you go blind? Do carrots actually help you see in the dark?

If you're like most of us, you may not know the answers to some of the most popular eye health questions, which is why Canadian doctors of optometry are here to help you see through the misconceptions.

**Wearing the wrong eyeglasses is bad for your eyes.**
The facts: Wearing someone else's glasses or not wearing glasses at all won't harm your eyes. But wearing your correct prescription will give you optimal vision.

**Carrots help you see in the dark.**
The facts: Carrots contain vitamin A, a nutrient your eyes need to function properly. But eating a lot of them will not improve your eyesight.

**Contacts are the same prescription as your eye glasses.**
The facts: In most cases, they are different, so be sure to book an eye exam with your doctor of optometry to confirm what's right for you.

**Staring at computer screens is bad for your eyes.**
The facts: Sitting in front of a computer monitor will not damage your eyes but can strain them. For every 20 minutes of screen time, take a 20-second break.

**If you wear glasses or contacts, your eyes will become dependent on them, and your vision will get worse.**
The facts: Wearing glasses or contact lenses doesn't weaken your eyesight. Aging, injury, eye disease and other genetic factors do. NEWS CANADA

For every 20 minutes of screen time, take a 20-second break. NEWS CANADA

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# Do Canadians care about nutrition?

More Canadians think they're doing well when it comes to nutrition, according to a new study by the Canadian Foundation for Dietetic Research and Dietitians of Canada.

Tracking Nutrition Trends 2013 found that almost 80 per cent of Canadians consider their eating habits and health to be good to excellent, slightly higher than the results found in the previous survey in 2008. Despite this, fewer than two-thirds of Canadians report eating breakfast, though it was slightly higher at 63 per cent in 2013 compared with 58 per cent in 2008.

"I think we can take that and say there's room for improvement, there's room for action and there's a need to communicate what are the simple solutions that Canadians can put into place," said Kate Comeau, registered dietitian and a spokesperson for Dietitians of Canada.

Canadians seem to be embracing the idea that adopting good eating habits and lifestyle can contribute to better health, Comeau said. The survey found 92 per cent of Canadians had done something to improve or change their eating or drinking habits over the past year, with the top three being eating more fruits or vegetables, reducing salt/sodium and reducing sugar.

"I think that the message about sugar and sodium, those are two that have been coming out fairly often in the media and I think people are listening. They're simple things that people can be doing to continue on that path, things like satisfying your thirst with water to reduce your sugar intake," she said.

"Sometimes we feel as dietitians that that message is getting tired and people must be thinking we're broken records always talking about vegetables and fruits, but it really is so important," Comeau added.

The survey, which has been done eight times since 1989, showed 91 per cent of Canadians said taste is the No. 1 influence for food. "It is important to think about ways to boost flavour without necessarily adding in the sugar, salt and fat," said Comeau, suggesting using fresh herbs, spice blends, lemon or lime juice and balsamic vinegar.

THE CANADIAN PRESS

Kate Comeau, a registered dietician, says it is encouraging that two-thirds of Canadians are getting information from food product labels. GILLES COMEAU/ THE CANADIAN PRESS

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Offering DJ mixes to match your running or exercise pace, this workout music service lets you filter tracks by beats per minute, workout length, and even clean or explicit lyrics.

KRIS ABLE (@REALKRISABEL)

**Half-Off**

Elisha tuned up her bicycle recently and in a salute to spring (and with a goal to ride to work regularly), she took it out for a quick spin. But would feeling out-of-shape keep her from taking it out again? Visit metronews.ca/voices/halfoff to find out.

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Every wonder about sprout farms? Who hasn't?! Theresa Albert visits one.

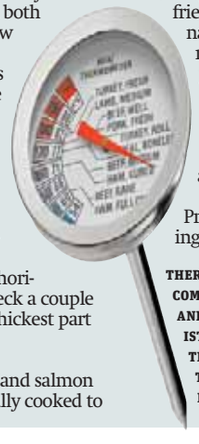
Health Solutions

## All hail the arrival of burger season

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I could spend a few hundred words scaring you off ground meats or share how carcinogenic the charred proteins are. But why bother? We will both be enjoying a few burgers regardless. The trick is to minimize the damage and maximize the pleasure.

Do this:



- Always use a meat thermometer on ground meats. Insert it horizontally and check a couple of spots in the thickest part of the burger.
- Chicken, beef and salmon all need to be fully cooked to well done. One small speck of E. coli or salmonella can cause tremendous illness.
- Use moist and nutritious toppings to enhance flavour and juiciness.
- Some gourmet ingredients can up your game: ricotta cheese, blue cheeses, pesto sauce, a variety of mustards, fresh vegetables, baby lettuces and sprouts all add a burst of taste
- Go beyond the bun! Paleo-friendly lettuce, kale or nappa cabbage leaves make great bases. If you do choose bread, keep the burger-to-bun ratio in line and don't be afraid of different grains and alternative flavours.

Practise safe barbecuing!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# Everything's coming up sprouts

## FLASH FOOD

From your fridge to your table in 30 minutes or less

Whether you make your burgers at home or choose a premade or frozen product, you don't have to go ho hum.

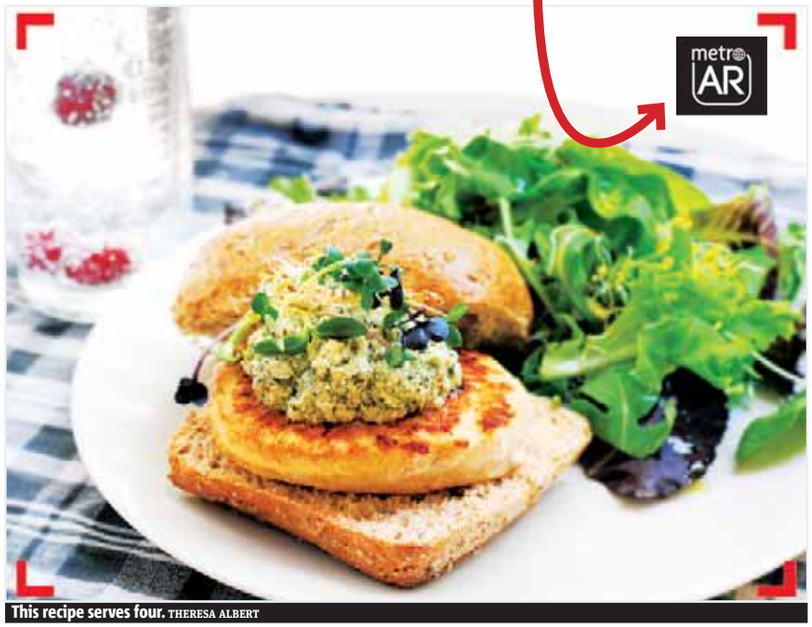
Gourmet toppings will elevate your taste buds and experience.

Making sure that you add ingredients that boost moisture and flavour is easy with this recipe.

Mixing pesto sauce with ricotta cheese is a great tip for dip or topping, it warms nicely and coats the burger with kind of pleasant ooze that summer is all about.

**Ingredients**

- 4 chicken burgers
- 1 cup ricotta cheese
- 3 tbsp pesto sauce
- 4 ciabatta buns
- 1 cup pea sprouts or mixed sprouts
- Grainy mustard




This recipe serves four. THERESA ALBERT

1. Fire up the grill and cook burgers thoroughly while you mix ricotta cheese and pesto sauce together.
2. Spread on both top and bottom of buns and add a big dollop to each burger once cooked.
3. Top with sprouts instead of lettuce and tomato. THERESA ALBERT OF MYFRIENDINFOOD.COM

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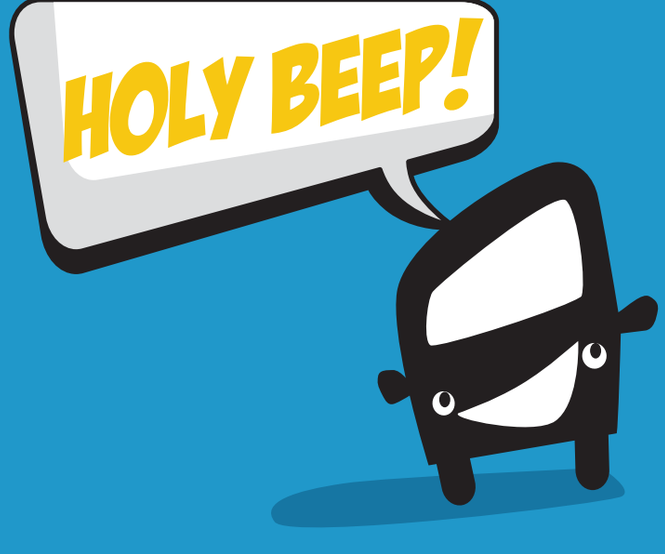


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# Dogs having their day in interview room

**Power to the puppy interviewer.** A university in Scotland is using pooches to suss out the best candidates for a veterinary course

EDWARD THOMPSON
Metro World News

How do you think you would react if this canine came running into your interview? ISTOCK

A Scottish university is using dogs to sniff out the best candidates for a place on an oversubscribed veterinary course. Students who are applying to Edinburgh Napier University are judged on how they interact with the dog.

Dr. Mary Fraser, who is a lecturer and owner of Belle (one of the pooches that vets potential candidates), finds that the dog relaxes nervous interviewees and provides an invaluable insight into their affinity with animals.

Fraser tells Metro about the doggy detection interview process that is proving a hit with both students and lecturers.

**How do dogs sniff out the best candidates in an interview?**

We're just looking to see potential candidates' reactions to the dog. Most will rush over to cuddle and play with the puppy, whereas the odd one or two tend to stay seated.

**That's when you know that they have no empathy with animals. How does the ideal candidate respond to the dog?**

I'm happy if they're paying the dog more attention than me. It's great when a student sits on the floor and gets covered in hair. To me that's great.

Although, it's a difficult one because they're often in their best dress, so I can imagine their parents aren't too pleased when they come home caked in hair.

**Do any of the students try a charm offensive with the dogs by bringing in some treats?**

Oohh I don't think so. We give out treats, so some of them take advantage of that and stick around after the interview to play around with the puppy.

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Scan the image with your Metro News app for more from Paris, including which pop star held court during Rafael Nadal's Monday victory.

# Back pain or not, Nadal owns Paris

**French Open.** Rafa wins 32nd straight match at clay Grand Slam

Maybe, just maybe, Rafael Nadal was a tad vulnerable, the thinking went before this French Open.

He had lost three times on his beloved red clay already this year, more defeats than he ever had on the surface before heading to Roland Garros.

Then came an admission, after the Grand Slam tournament's third round, that his back was bothering him and slowing his serves.

Well, leave it to the eight-time French Open champion's upcoming quarter-final opponent — 2013 runner-up David Ferrer, one of the men who beat Nadal on clay this spring — to set the record straight.

"Rafael," Ferrer said, "is always the favourite."

Nadal certainly looked the part in the fourth round Monday, when he won 18 points in a row during one stretch en route to beating 83rd-ranked Dusan Lajovic of Serbia 6-1, 6-2, 6-1 for a record 32nd consecutive victory at the French Open. That broke Nadal's own mark of 31 and moved him a step closer to a fifth straight title in Paris.

The No. 1-ranked Nadal, now 63-1 for his career at the tournament, has won all 12 sets he's played in Paris in 2014, dropping a total of 23 games. He was asked whether he would have preferred a more taxing encounter by now.

Spain's Rafael Nadal returns during his third-round match of the French Open against Argentina's Leonardo Mayer in Paris, on Saturday. Nadal now has a record 32 consecutive victories at Roland Garros. MICHEL EULER/THE ASSOCIATED PRESS

**A show of respect**

**"I hope (to) instil some doubts in Rafa's mind. But if we play at our best level, both of us, he will be a better player."** David Ferrer on meeting Rafael Nadal in the French Open's quarter-final.

"You never know what's better," replied Nadal. "But, in theory, the theory says that it's better (to) win like this than win longer matches."

And his back? The one that flummoxed him during a loss in the Australian Open final in January, and then acted up Saturday, leading to an average first serve of 165 km/h and top speed of 184 km/h? It didn't appear to be as much of an issue against Lajovic: Nadal averaged 173 km/h, with a high of 192 km/h.

"My back can be pretty unpredictable," said Nadal, who wore thick vertical strips of athletic tape under his shirt. "I'm not lying. It's totally unpredictable. I don't want to speak too much about it."

OK, then.

Now he takes on No. 5 Ferrer, who eliminated No. 19 Kevin Anderson of South Africa 6-3, 6-3, 6-7 (5), 6-1.

Last year's French Open final is one of 21 losses for Ferrer in 27 matches against fellow Spaniard Nadal. But Ferrer won their most recent meeting in straight sets, on April 18 at the Monte Carlo Masters.

"Tactically, I will have to be perfect," Ferrer said.

THE ASSOCIATED PRESS

**Labour dispute**

## Start of season could be pushed back, CFL prez says

CFL president Michael Copeland says the ongoing labour dispute between the league and its players could prevent the regular season from starting on time.

The 2014 campaign is scheduled to open June 26. But the league and CFL Players' Association are at an impasse and a potential players' strike threatens the season starting as planned.

"Of course there's concern (about regular season starting as scheduled)," Copeland, who is also the league's COO, said Monday.

"I don't think we could be at this point in training camp and not be concerned." THE CANADIAN PRESS

**Corruption allegations**

## FIFA VP denies receiving favours

FIFA vice-president and African football head Issa Hayatou has denied allegations in a British newspaper that he received free private medical treatment and other favours for backing Qatar to host the 2022 World Cup.

The Confederation of African Football called the string of allegations against its longtime president and one of FIFA's senior officials "fanciful" and "ridiculous."

The Sunday Times newspaper said that banned former Qatari official Mohamed bin Hammam, once a FIFA vice-president himself, had targeted Hayatou and other African soccer leaders with cash, trips and other favours to support Qatar's World Cup bid. THE ASSOCIATED PRESS

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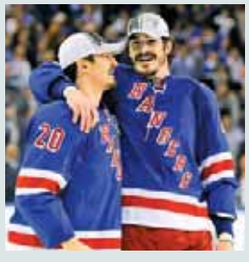
# East Coast-West Coast ice battle

Here are five things to watch in the Stanley Cup final between the New York Rangers and Los Angeles Kings

THE CANADIAN PRESS
Photos by Getty Images



## 1 Rest vs. momentum

Thanks to a favourable schedule, the Rangers get six days between the end of their Eastern Conference final victory over the Montreal Canadiens and the start of the cup final. Meanwhile, the Kings go from beating the Chicago Blackhawks on the road Sunday night to playing Wednesday back home in Los Angeles. New York's best chance at making this a series is pouncing on a tired opponent in Game 1. If Los Angeles is just rolling along, it could be a short series.

## 2 Kopitar's coming-out party

Anze Kopitar is well-known in hockey circles as a star. He's a Selke Trophy finalist because of his stellar two-way play and he also leads the Kings in scoring in the playoffs with 24 points in 21 games. On the West Coast, in a market that's not hockey-crazy 11 months out of the year, the Slovenian sensation has been playing amid relative anonymity. The cup final spotlight should give Kopitar some much-deserved exposure for more casual fans.

## 3 Playoff veterans vs. newcomers

The Kings have 14 players back from the team that won the Stanley Cup in 2012, including goaltender Jonathan Quick, who captured the Conn Smythe Trophy. The Rangers have just two players, Brad Richards and Martin St. Louis, who have even appeared in a final. Having a championship core together, especially with Canadian Olympians Drew Doughty and Jeff Carter leading the way, could give Los Angeles an edge. Then again, the Kings didn't have much experience when they won two years ago.

## 4 Deadline deals paying off

The most memorable move at the 2014 NHL trade deadline has paid major dividends for the Rangers, as Martin St. Louis is tied as their leading scorer through three rounds. Even if Ryan Callahan re-signs with the Tampa Bay Lightning and even though the conditional second-round pick became a first because the Rangers made the Eastern final, it's worth it. In Los Angeles, Marian Gaborik is proving to be a steal as the Kings' leading goal-scorer with 12 in these playoffs.

## 5 King's crowning moment?

With a Vezina Trophy and Olympic gold and silver medals on his resumé, Henrik Lundqvist has long been considered an elite goaltender. But, in his ninth NHL season, he's making his first trip to a Stanley Cup final. Lundqvist has a playoff-best .928 save percentage and is the major reason why the underdog Rangers have a chance at winning this series.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## Horoscopes

### ♈ Aries
**March 21 - April 20**
Focus on things that bring a smile to your face. The way you think about life will determine how enjoyable, or how difficult, it is going to be.

### ♉ Taurus
**April 21 - May 21**
Watch what you spend over the next 24 hours because if you go over the top you are sure to regret it. The planets warn you may not be as well off as you seem to believe. Watch out for hidden costs.

### ♊ Gemini
**May 22 - June 21**
Don't make too many plans today because most likely they will have to be changed. Just go with the flow and trust that the tide of events will wash you up some place that is to your liking.

### ♋ Cancer
**June 22 - July 23**
There is a danger you will believe the powers that be have got it in for you. Nothing could be further from the truth. Your only real enemy at is your overactive imagination!

### ♌ Leo
**July 24 - Aug. 23**
This is probably not a good time to commit yourself to a new project. Certain people cannot be trusted, no matter how upbeat they may be about what you are doing together.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You have big ambitions and you have what it takes to reach the top. However, the planets warn if you act in haste you will repent at your leisure, so don't be too eager to follow your dream – it could turn into a nightmare.

### ♎ Libra
**Sept. 24 - Oct. 23**
Your confidence may be high but don't get carried away. There are things going on behind the scenes that suggest you could be in for a shock.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Don't lose your perspective and get angry about something that would not usually bother you. And don't worry too much if you lose out financially either – you'll more than make up for it later.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Keep the momentum going today because if you slow down, your energy could tail off dramatically. Also, don't attach too much importance to a relationship problem. It's not as bad as it seems.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You will be required to take on more tasks and responsibilities and though it may seem as if you are being unfairly restricted, you will be repaid in full later.

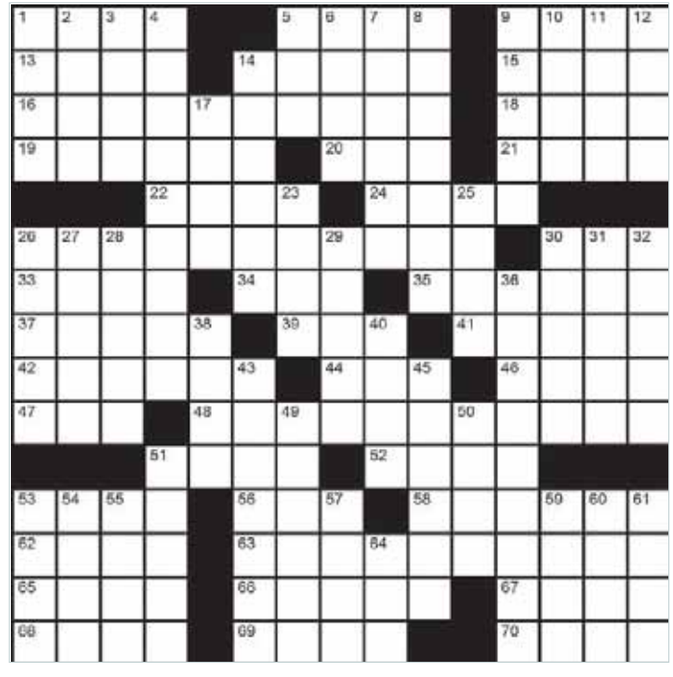
### ♒ Aquarius
**Jan. 21 - Feb. 19**
Life seems more vibrant and exciting now and in a way that's strange as nothing much has actually changed. What is different is your attitude: You are determined to find silver linings everywhere.

### ♓ Pisces
**Feb. 20 - March 20**
Your feelings will be rather intense over the next 24 hours. If you prefer to live more through your heart than your head that's quite all right. Nothing bad will come of it. SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

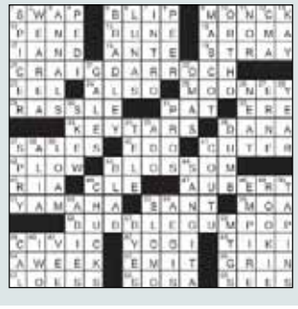
BY KELLY ANN BUCHANAN



**Across**
1. Vlad, e.g.
5. Applaud
9. Sprint
13. "..._ _ tete, Alouette..."
14. "__ Vista Social Club" (1999)
15. Adhere
16. __ report (Autopsy results component)
18. Happy
19. Particular piano
20. They, in Montreal
21. Same: French
22. __ and bobs
24. Ingrid's celebrated role
26. Canadian Tiger __ Butterfly
30. 'Headache' in French, __ de tete
33. __ __ land
34. Damage
35. __ pants (Comfy clothing)
37. "So I sing _ __ of love, Julia." - The Beatles
39. Margarine container
41. Tunisia's capital
42. 2-worded golf film
44. As written
46. Tip to 'tion' (Car's key spot)
47. Nice summer?
48. British explorer, b.1728 - d.1779, who navigated much of the world, including Canada: 2 wds.
51. Soup vegetable
52. Dagger
53. Lima's land
56. Buenos Aires' shortened location
58. Texas city: 2 wds.
62. Image
63. Boeing 787 __ (New addition to Air Canada's fleet)
65. Swanky
66. Ancient Greek colony
67. Coiffure goos
68. Exclusive
69. __ cell research
70. Love letter's envelope letters

**Down**
1. Dog docs
2. Perched on
3. Gladiator's 1061
4. French for 'white bread': 2 wds.
5. __-de-sac
6. Q. "What's Mr. DiCaprio's first name?" A. "Hmmm... __, _ believe."
7. Latin name for 'England'
8. Employee's cheque-getting record
9. 1999 flick in which Alanis Morissette plays God
10. Competent
11. Crease
12. Jekyll and __
14. Drake song: "Started from the __"
17. Put a 'roof' on a room
23. 2003 Samuel L. Jackson/Colin Farrell m.o.v.i.e.
25. Shutter segment
26. Writing tablet
27. "How __ __?" (Did you enjoy that movie?)
28. Separate
29. Have faith in
30. Tropical fruit
31. __ acid
32. Type of vision correction surgery
36. Corky and the __ __ (Canadian comedy/music act of the '90s)
38. Icky substance
40. Prejudice
43. French star Vanessa, Johnny Depp's ex
45. Movie theatre
49. Chatty bird
50. Beloved of fictional Mountie Dudley Do-Right
51. Small quantity
53. Photos
54. Repeat
55. Churn
57. Kiss band member
59. Bit of "Feeling Good": "It's _ __ dawn..."
60. Ms. Ward
61. Russian city
64. Purpose

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | 8 | | | 5 | | 7 | |
| | | | 7 | 8 | | | | 6 |
| 9 | | | | 1 | | 3 | | |
| | | 2 | | | | | 4 | |
| | | 5 | 2 | | 3 | 8 | | |
| | 9 | | | | | 2 | | |
| | | 1 | | 3 | | | | 7 |
| 8 | | | 1 | 2 | | | | |
| | 6 | | 7 | | | 1 | | 2 |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 8 | 9 | 2 | 5 | 7 | 3 | 1 | 6 |
| 6 | 7 | 5 | 3 | 1 | 8 | 9 | 4 | 2 |
| 3 | 1 | 2 | 6 | 4 | 9 | 8 | 5 | 7 |
| 5 | 9 | 1 | 4 | 7 | 2 | 6 | 3 | 8 |
| 7 | 6 | 3 | 9 | 8 | 5 | 4 | 2 | 1 |
| 2 | 4 | 8 | 1 | 6 | 3 | 5 | 7 | 9 |
| 9 | 2 | 6 | 7 | 3 | 4 | 1 | 8 | 5 |
| 8 | 3 | 7 | 5 | 9 | 1 | 2 | 6 | 4 |
| 1 | 5 | 4 | 8 | 2 | 6 | 7 | 9 | 3 |

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